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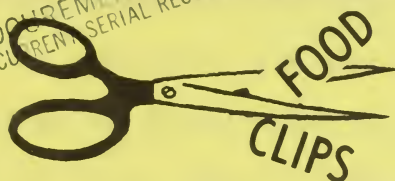


Food and Home Notes

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PROCUREMENT SECTION
CURRENT SERIAL RECORDS



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Who uses goat milk? It is mainly used by people who are allergic to cow's milk—or who are on other special diets. Goat's milk is sold fresh and canned. It's also available as a specialty product.

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Fresh whole milk contains about 87 percent water and 13 percent total solids. The solids are made up of milkfat (sometimes called butterfat) and nonfat milk solids (protein, milk sugar, and minerals).

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Do you know your peppers? Hot peppers have varieties such as Red Chili and Long Red Cayenne, the mild-flavored by Penn Wonder, or Ruby King or World-Beater, or even California Wonder. Yale Wonder is also mild-flavored and matures last.

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What is physalis? It's often known as groundcherry and husk tomato. It is closely related to the tomatoes and can be grown wherever tomatoes do well. The kind ordinarily grown in gardens produces a yellow fruit about the size of a cherry.

PEARS FOR ALL SEASONS

Chances are during the next weeks you'll notice the larger than usual pear supply in markets—in fact, right now. Bartletts—the most popular summer pear—can be identified by its pale to golden yellow color and its melt-in-the-mouth mellow flavor. Its main season is mid-July to late September.

Four other varieties you should know about are in season between November and May. Anjou (rhymes with "banjo") has almost a round-heart shape, and a green-yellow skin when ripe, is medium to large-size and has a finely textured flesh—sweet, juicy, and creamy white.

Bosc has a long-tapering neck, a russet brown skin and sugar sweet flesh. Gourmet cooks prize the Bosc for baking. The Winter Nelis is also brownish or russet colored, round and smaller in size than most other pears. Its cooking qualities are excellent.

Comice (pronounced "CumEES") has a full plum shape with a chubby neck, yellow-green skin (often has a red blush—yes, really!) and is known as the "Christmas Pear". The sweet flavor makes it famous in gift packs. The texture is close to that of the summer Bartlett. The body is somewhat wider than the Bartlett.

Start a "Child Care Center"*

Need is number one. Volunteers is number two—but how do you put it all together to make a child care center an actuality?

"We started with a feasibility study" according to Bethel Schmidt, Extension home economist in Sturgis, Michigan, when mothers from the area came to her for help. "Letters went out, with the help of volunteers, to a mailing list of 1200 young families. Results indicated that there was significant need for day care service."

Members of the American Association of University Women (AAUW), kindergarten teachers, department of social services, representatives, business and professional women's organizations, the Rotary Club, as well as Extension were invited to join in the project.

Once the need was established, a place—a Presbyterian Church in Sturgis—was selected and a director and cook were hired along with six aides who formerly were volunteers. A former home economics teacher plans menus and orders food for the center and a nurse has offered her services. Thirty-seven children (3 to 5 years old) now attend the center. Three-fourths of the youngsters are from low-income, one-parent homes.

Other volunteers rallied to the cause and gave a "Home Tour" to benefit the child care center. Volunteers' husbands have also pitched in to make the outdoor play equipment. Volunteerism is not dead—there is sincere interest in helping others, according to the Extension home economists who recruited most of the helpers for the center.

If your community needs a child care center, call your local Extension Office, the educational arm of the U.S. Department of Agriculture, and see if they can offer a plan. If you can be a volunteer, you may also serve.

Special: To The Press*

WITH FORTY HEAD OF CATTLE—CAN YOU GO WRONG?

What would an automobile salesman want with 40 head of live beef cattle?

Forty thousand pounds of healthy, hungry livestock would make short work of an automobile showroom. Yet in a typical day on the floor of the Chicago Board of Trade, automobile salesmen, furniture manufacturers, dentists, and others who could never accept delivery of a truckload full of cattle are eagerly buying them up.

They are speculators in the futures market, and the fact that the beef cattle will never actually show up at the car dealer's door is central to what makes the futures market work.

The Agriculture Department's Economic Research Service (ERS) recently took a look at the livestock end of futures trading. It found that whatever makes it work, it is a thriving business. The new study also produced a thorough look at "hedging" in livestock futures — a word that embodies much of the complexity of futures trading.

What is a "Hedge"? What are "Incomplete Hedges" and why don't more cattlemen use the futures market? One reason is lack of familiarity—futures trading is little known and even less understood. Futures are now under fire and the U.S. Congress is taking a critical look at futures trading to see what kinds of changes may be needed.

In its valuable function of reducing risks to the farmer, futures trading also helps to hold costs down on the farm. This in turn means that without the futures market, consumers would pay higher prices for meat, eggs, and many other essential foods.

*EDITORS -- A complete story on the economic situation with the Futures Market is available through Food and Home Notes, written by an Economic Research Service writer at the U. S. Department of Agriculture.

FOOD PRICES—

COMPARED TO WHAT?

A spot check of international retail food prices by U.S. Agricultural Attaches in May 1973 as reported to the Economic Research Service of USDA revealed the following: In Tokyo, Japan, a pound of sirloin steak is going for the equivalent of \$12.86 a pound. Chuck roast in that city brings \$6.26 a pound. In Paris, France, if you want a pound of bacon it will cost you \$3.09. And in Stockholm, Sweden? If you're planning breakfast of ham and eggs, you'll find the ham will cost you \$2.59 a pound, the eggs will run about \$1.13 a dozen, and if you buy butter to fry your eggs—or for toast, you're talking about butter at \$2.10 a pound.

Like fruit? This is your year! According to the Agriculture Department's Economic Research Service, there will be larger supplies this season of many of the most popular fruits. Compared with last year's weather-stricken harvest, we'll probably get around a tenth more of the early fruits, including more pears, sweet cherries, peaches, plums, and apricots.

Strawberries? The reason you are paying more for fresh strawberries this season than a year ago is due to the U.S. production and strawberry acreage prospects are below a year ago. The 1972 crop was the smallest since 1965.

Imports? Also declined. Most of the imports of fresh strawberries were from Mexico, but they have also declined.

COMMENTS AND INQUIRIES TO:

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